

Cucumbers in Balsamic Vinegar Dr75

Number of Servings: 75 (56.75 g per serving)

Amount	Measure	Ingredient
2.00	gal	Cucumber, w/o skin, fresh, pared, chpd

Nutrients per serving

Nutrition Facts	
Serving Size (57g)	
Servings Per Container	
Amount Per Serving	
Calories 5	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat --g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Vitamin C 4%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

* Peel cucumbers and dice or slice, purchase approximately 2-3# per 10 servings.

Add 1 T. Balsamic Vinegar Dressing per serving (16 T in 1 cup), stir lightly and marinate, chilled in refrigerator for 4 hours or overnight.

Serve 1/2 c or #8 scoop per serving

1/2 = 1 vegetable serving = 2.5 grams carbohydrate = 0 Carb Serv